6. (Twice Amended) A method of transmitting information from a source device to a receiving device, the method comprising:

a. forming x number of first frames wherein each of the first frames contains n units of data;

b. forming y number of second frames wherein each of the second frames contains m units of data;

c. combining x number of the first frames and y number of the second frames into a stream of frames to achieve a predetermined frame rate; and

d. transmitting the stream of frames from the source device to the receiving device;

wherein the first frames and the second frames are of a same type.

13. (Twice Amended) A source device for transmitting information at a predetermined frame rate, the source device comprising a controller for generating a data stream containing a plurality of first frames each including x packets of data and a plurality of second frames each including y packets of data to achieve the predetermined frame rate, wherein the data stream is transmitted at the predetermined frame rate and further wherein the first frames and the second frames are of a same type.

17. (Twice Amended) A system for transmitting information at a predetermined frame rate, the system comprising:

a. a source device for generating a data stream containing a plurality of first frames each including x packets of data and a plurality of second frames each including y packets of data to achieve the predetermined frame rate, wherein the first frames and the second frames are of a same type; and

b. a remote receiver coupled to the source device and configured to receive the data stream at the predetermined frame rate.